

LSICLG2

Reflect upon your work with clients through supervision and manage your continuing professional development in counselling



Overview

This unit is about taking responsibility for and managing your professional development. You will be required to make use of supervision to reflect on your work with clients and to learn about yourself. You will also be expected to keep up to date with developments within the profession

There are two elements to this unit

1. Reflect upon your work with clients through supervision and reflection on learning
2. Manage your continuing professional development

This unit is relevant those working in the following counselling contexts

Institutions Statutory Services VCS (Voluntary Community Sector Services)
Social Enterprises Individual Practice Commercial Enterprises

All units within the suite of National Occupational Standards for Counselling are not specific to any theoretical model.

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Performance criteria

Reflect upon your work with clients through supervision and reflection on learning

You must be able to:

- P1 reflect on the choice, flexibility and appropriateness of counselling interventions and their impact on the client's needs and the therapeutic process
- P2 use supervision in an open and transparent way to reflect on your work with clients and other professional concerns
- P3 identify when you should sensitively and accurately record information and reflection within the context of agreed information-sharing protocols for the purpose of supervision
- P4 reflect on your counselling work with clients between sessions and review and revise your therapeutic strategy
- P5 use personal therapy, personal development opportunities, supervision and training to reflect on personal growth and development and to resolve conflict
- P6 recognise and understand issues of power and how they may affect the counselling therapeutic relationship
- P7 reflect on feelings that are aroused when working with clients, through supervision
- P8 reflect on and discuss in supervision or with your organisation your capacity and competence to work with a particular client
- P9 reflect on and discuss in supervision or with your organisation your capacity to confront personal prejudices and beliefs that may affect your relationship

Manage your continuing professional development

You must be able to:

- P10 demonstrate a willingness to be open to learning about yourself
- P11 access current knowledge relating to theory and practice and relevant research
- P12 engage in self-directed learning
- P13 identify your own continuing professional development needs
- P14 undertake activities that contribute to your continuing professional development
- P15 evaluate whether continuing professional development needs have been met
- P16 demonstrate a clear understanding of your roles and responsibilities as a professional counsellor
- P17 conduct yourself as a professional counsellor with regard to your behaviour towards clients, colleagues and other organisations
- P18 demonstrate the use of personal initiative in your contact with other

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- members of the profession and other agencies
- P19 demonstrate a clear understanding of roles and responsibilities of other professionals when involved in collaborative/joint working
- P20 demonstrate when necessary the formulation of aims and objectives that contribute to the development of an agency
- P21 demonstrate an understanding of research relating to counselling theory and practice
- P22 critically assess and understand research evidence that informs your theoretical perspective in relation to human growth and development
- P23 current issues/developments in the profession
- P24 critically assess and absorb the research evidence relating to a range of theoretical perspectives and their underpinning theories in order to make appropriate referrals

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Knowledge and understanding

You need to know and understand:

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- K1 definitions and theories applicable to the concept of 'reflexivity' as appropriate to your chosen theoretical approach(es) and an awareness of others
- K2 how who you are (reflexivity) affects your therapeutic practice
- K3 the importance of reflecting, identifying and addressing personal needs in personal therapy and personal development opportunities
- K4 counselling interventions and their impact on the client
- K5 the importance of reflecting, identifying and addressing professional issues ethically in supervision
- K6 in depth knowledge of theories of power and discrimination related to your chosen theoretical approach(es) and have an awareness of others
- K7 appropriate note and record keeping of client and supervision information
- K8 guidance and legislation which relates to recording and sharing information for notes and record keeping
- K9 anti-discriminatory practice

Manage Your Continuing Professional Development

You need to know and understand:

- K10 in depth knowledge of theories of counselling related to your chosen theoretical approach(es) and have an awareness of others
- K11 a chosen consistent, coherent and in-depth theoretical perspective that informs all aspects of clinical practice
- K12 research methodologies and their relevance to the therapeutic process in the context in which the counselling takes place i.e. generalist, specialist or targeted services
- K13 criteria that define your 'profession'
- K14 the critical importance of continuing professional development
- K15 the responsibilities incumbent on being a member of a profession
- K16 how to actively engage within the professional community
- K17 how to recognise one's own professional limitations and identify ways of addressing these
- K18 career paths and progression routes
- K19 the importance and benefits of working collaboratively with other professionals and maintaining appropriate client confidentiality
- K20 the importance of clear roles and responsibilities for successful decision-making

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Suite Counselling National Occupational Standards v4

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